

Systole

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The activity of the heart is based on the rhythmic alternation of **contraction (systole)** and **relaxation (diastole)** of the heart muscle. There is two kinds of systoles - ventricular systole and atrial systole. Atrial systole precedes ventricular systole. The atria function as auxiliary pumps and they help with the filling of the ventricles.

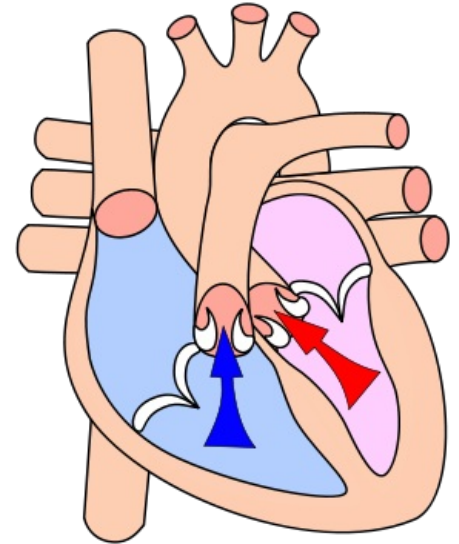
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References

- KITTNAR, Otomar, et al. *Lékařská fyziologie*. 1. vydání. Praha : Grada, 2011. 790 s. ISBN 978-80-247-3068-4. KITTNAR, Otomar, et al. *Lékařská fyziologie*. 1. edition. Praha : Grada, 2011. 790 pp. ISBN 978-80-247-3068-4.



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